

SEPTEMBER 2018

THE SENIOR SCENE

Ludlow Senior Center

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Phone Number:

(413) 583-3564

Address:

37 Chestnut Street
Ludlow, MA 01056

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Fax Number:

(413) 583-5658

Office Hours:

Monday - Friday
8 a.m. to 4 p.m.

JAMMIN' WITH JODI

Happy Fall!

Please stop in and welcome Kristin Burgess, our new Activities Director, to the Ludlow Senior Center! Kristin comes to us with a great background and we are really looking forward to what the future holds. She is excited to get to know you all and to bring some new activities and programs to the Center. Welcome Kristin!

Thank you to those of you that took the time to give me some suggestions. I will pass them along to Kristin. There were some great ideas and I am sure Kristin will work them into the schedule.

The new building project is moving forward. Please join me the 3rd Wednesday of the month to hear about what is happening. A reminder too that the Memory Café meets the 3rd Friday of the month. It is a wonderful program for you and a loved one with a memory issue. Please see me if you have questions or would like to sign up.

After a long, hot summer I am looking forward to the cool, crisp air of the Fall. If you haven't been in to see us in a while, come on down and see what's new!

Jodi Lepke

SAVE THE DATES

SENIOR STRONG WINE TASTING FUNDRAISER

FRIDAY, OCTOBER 12TH
5:00 PM - 8:00 PM

LOCATION:
LUDLOW COUNTRY CLUB
1 TONY LEMA DRIVE

(Tickets will be available at the Senior Center front desk)

FRIENDS OF THE LUDLOW SENIOR CENTER "PRO-SHRED" EVENT

SATURDAY, OCTOBER 13TH
9:00 AM - 12:00 PM

LOCATION:
LUDLOW SENIOR CENTER
37 CHESTNUT STREET

WELLNESS SERVICES

The Ludlow Council on Aging is not responsible for last minute cancellations by these providers

PEDICURE WITH TOWN NURSES

Every Tuesday

Pedicures are for Ludlow residents only. Diabetics are required to provide a note from their doctors, before a pedicure can be given. Pedicures are \$10. Appointments are required. They may be made by calling the center.

DROP-IN WITH A NURSE

Every Thursday From 10 a.m. - 11:30 a.m.

Stop by the Wellness Clinic to have your blood pressure checked, File of Life filled out, or to ask the nurse a question.

HEARING CLINIC

Deb Stroetzel: Tuesday, September 25

Deb Stroetzel, MA, CCC-A, provides answers to questions you have regarding your hearing. Appointments are required. They may be made by calling the center.

MASSAGE THERAPY

Meaghan Murphy: Mondays

15 Minutes of massage for \$10 or 30 minutes of massage for \$20. Appointments are required. They may be made by calling the center.

BLOOD PRESSURE CHECKS

Tuesday afternoon from 1 p.m. - 2 p.m.

Blood pressure checks are provided by volunteers. Please call the center to verify that a nurse is on site.

FACIALS

Diane Neill: Wednesday, September 26

Diane Neill, MA licensed esthetician, provides facials and additional skin care services. A one-hour facial starts at just \$30. Appointments are required. They may be made by calling the center.

MEETINGS & SUPPORT GROUPS

CAREGIVER SUPPORT GROUP

Tuesday, September 11, at 10 a.m.

This group meets the second Tuesday of each month. The group is open to all caregivers. Signing up is appreciated, but not mandatory.

FRIENDS OF THE LUDLOW SENIOR CENTER

Wednesday, September 12, at 10 a.m.

The Friends play a very important role at the Ludlow Senior Center by financially supporting services and activities. Stop in the second Wednesday of each month and find out what you can do to help.

STATE SENATOR LESSER OFFICE HOURS

Thursday, September 13, at 10:30 a.m.

Talk with State Senator Eric Lesser's district director. Joel McAuliffe visits the center the second Thursday of each month.

BROWN BAG PROGRAM

Tuesday, September 18, from 1 p.m. - 3 p.m.

Offered through the Food Bank of western Massachusetts, Brown Bag helps those older than 55, who meet income guidelines. Applications are available at the senior center. Pickup is the third Tuesday of each month.

COUNCIL ON AGING BOARD MEETING

Wednesday, September 19, at 4:30 p.m.

Held the third Wednesday of every month, this meeting is open to the public, unless there's an executive session.

TRIAD

Wednesday, September 26, at 10 a.m.

Held the fourth Wednesday of every month, this group works toward making our community a safer place. Come in and find out how you can make a difference.

VETERANS AGENT OFFICE HOURS

Wednesday, September 26, at 10:30 a.m.

Veterans Agent Eric Segundo will be holding office hours at the center for all veterans' issues.

MEN'S BREAKFAST CLUB

Friday, September 28, at 8:30 a.m. in Ludlow

Breakfasts are held on the last Friday of every month. Sites shift between Ludlow and Wilbraham. *Special guest - Steve LeBlanc with his Patriot's Super Bowl Ring.

SENIOR CENTER TRIPS

Sign up beginning September 4 at 8 a.m. by calling 583-3564.

You may sign up yourself and your spouse. You may not sign up a friend or relative.

Ware Walmart

September 20

Cost: \$2.00

Departure: 9:30 a.m.

We'll start at Walmart, take a break for lunch, and end with Dollar Tree. Lunch is not included in the price of the trip.

Some Notes Regarding Trips

- After the first day of sign-ups, the trip book is located at the Front Desk. **If you need to sign-up, cancel or check your status on the wait list for a trip, contact the Front Desk.**
- In cases of bad weather, we will most likely wait until the morning of a trip to determine if it is safe enough to go. In these cases, a member of the Senior Center will call those on the trip list to let them know the trip has been cancelled.
- A quick reminder of the rules while riding the van: You must wear your seatbelt and remain in your seat when the van is in motion. You may not eat or drink in the van.

Big E

September 25

Cost: \$2.00

Departure: 9:30 a.m.

Enjoy a day at the Big E! Lunch and events are on your own.

Purchase your tickets on your own. \$12.00 at Big Y for advance tickets or \$15.00 at the gate.

TRANSPORTATION SERVICES

Important Details

- Pickup times are a 30-minute window.
- Van service is available for in-town rides only.
- Rides to the center must be arranged by 9:00 a.m.
- Appointments to other Ludlow locations must be arranged 24 hours in advance by calling the center
- The latest appointment we can accommodate is 2:30 p.m., as the van makes its last trip around 3:30 pm.

Monthly Shopping Trips

Eastfield Mall, or Stop & Shop

Monday, September 10

Cost: \$2.00

Departure: 12:30 p.m. Return: 3:00 p.m.

When you make your reservation, please include which stop you prefer.

Big Y, or Randall's

Every Tuesday & Thursday

Departure: 11:00 a.m. & 1:00 p.m.

When you make your reservation, please include which stop you prefer.

CONTINUING ACTIVITIES

Monday

8 a.m. Fitness Room
9 a.m. Knitting
9:30 a.m. Massage
 Appointments
10 a.m. YMCA
 Boomer Boot Camp
10 a.m. Dominos
12 p.m. Lunch
12:30 p.m. Donors 9-Ball
 Round Robin Billiards
1 p.m. Pitch
1:15 p.m. Movie

Tuesday

8 a.m. Fitness Room
8:30 a.m. Pedicure Appts
9 a.m. Quilting
12 p.m. Lunch
12:30 p.m. Men's
 Round Robin Billiards
1 p.m. Bingo
1 p.m. Bridge
1 p.m. Blood Pressure
4 p.m. Evening Ceramics
5 p.m. Evening Yoga
5 p.m. Evening Movie

Wednesday

8 a.m. Fitness Room
8 a.m. Open Billiards
8:30 a.m. Ceramics
10 a.m. YMCA
 Boomer Boot Camp
12 p.m. Lunch
1 p.m. Pitch
1 p.m. Ludlow Golden
 Senior Club Bingo

Thursday

8 a.m. Fitness Room
8:30 a.m. Ceramics
9 a.m. Tai Chi
9:30 a.m. Women's
 Billiards
10 a.m. Drop-In Nurse
10 a.m. Yoga
12 p.m. Lunch
12:30 p.m. Donors 8-Ball
 Round Robin Billiards
1 p.m. Choral Group
1 p.m. Cribbage
1:15 p.m. Classic Movie

Friday

8 a.m. Fitness Room
8 a.m. Open Billiards
10 a.m. YMCA
 Boomer Boot Camp
12 p.m. Lunch
1 p.m. Coloring Club
1 p.m. Cribbage
1:15 p.m. Chair Volleyball

SEPTEMBER MOVIE SCHEDULE

Borg Vs. McEnroe

(R, 107 Min)

September 4

Starring: Shia LaBeouf.
 The story of the 1980s
 tennis rivalry between the
 placid Björn Borg and the
 volatile John McEnroe.
 (IMDB)

Tully

(R, 95 Min)

September 10 & 11

Starring: Charlize Theron,
 Mark Duplass. A mother of
 three hires a night nanny to
 help with her newborn.
 (IMDB)

Book Club

(PG-13, 104 Min)

September 17 & 18

Starring: Diane Keaton, Jane
 Fonda. Four lifelong friends
 have their lives forever
 changed after reading 50
 Shades of Grey in their
 monthly book club. (IMDB)

Life Of The Party

(PG-13, 105 Min)

September 24 & 25

Starring: Melissa McCarthy.
 After her husband abruptly
 asks for a divorce, a middle-
 aged mother returns to
 college in order to complete
 her degree. (IMDB)

CLASSIC MOVIES

The Little Princess

(1939, 93 Min)

September 6

Starring: Shirley Temple,
 Cesar Romero. A wealthy
 widower goes off to war and
 sends his daughter off to
 boarding school.

Jungle Book

(1942, 105 Min)

September 13

Starring: Sabu. Mowgli was
 raised by wolves in the
 jungles of India. Watch his
 daring exploits and his final
 confrontation with his mortal
 enemy.

Lassie: The Painted Hills

(1951, 68 Min)

September 20

Starring: Gary Gray, Ann
 Doran, Paul Kelly and Bruce
 Cowling. Lassie belongs to
 a gold miner. When a greedy
 prospector kills her master,
 it's up to her to get justice.

Marriage on the Rocks

(1965, 109 Min)

September 27

Starring: Frank Sinatra,
 Deborah Kerr and Dean
 Martin. What do you do
 when you have a beautiful
 house, two great kids and a
 Marriage on the rocks?!

SEPTEMBER ACTIVITIES CALENDAR

Ludlow Senior Center • (413) 583-3564 • www.ludlow.ma.us

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED FOR HOLIDAY	4 8 a.m. Trip Signups 5 p.m. Evening Movie: Borg Vs. McEnroe (R, 107 Min) 5 p.m. Evening Yoga	5 OUTSIDE CONCERT 9:30 a.m. Massage Appts 12:00 Lori Festa Performs at the Gazebo	6 1 p.m. Cribbage 1:15 p.m. Classic Movie: The Little Princess (93 min)	7 10:30 a.m. Louis & Clark Equipment Tune-Up Clinic 11:15 a.m. Horse Races
10 LUNCH & LEARN Noon Lunch & Learn: MassDOT - Real ID 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:00 p.m. Billiards Travel League 1:15 p.m. Movie: Tully (R, 95 Min)	11 10 a.m. Caregiver Support Group 10 a.m. Free Phone Information Table: MassEDP 5 p.m. Evening Movie: Tully 5 p.m. Evening Yoga	12 10 a.m. Friends Meeting 2 p.m. Trivia	13 PICKLE DAY 10:30 a.m. Pickle Samples in the Lounge 10:30 a.m. State Senator Lesser Office Hours 1 p.m. Cribbage 1:15 p.m. Classic Movie: Jungle Book (105 min)	14 1:30 p.m. Book Club
17 1:15 p.m. Movie: Book Club (PG-13, 104 Min)	18 1 p.m. Brown Bag 5 p.m. Evening Movie: Book Club 5 p.m. Evening Yoga	19 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 11:30 Chorus Performs 4:30 p.m. COA Board Meeting	20 PEPPERONI DAY 9:30 Ware Walmart Trip 10:30 a.m. Pepperoni Samples in the Lounge 1 p.m. Cribbage 1:15 p.m. Classic Movie: Lassie: The Painted Hills (68)	21 10:00 a.m. Memory Cafe
24 1:00 p.m. Billiards Travel League 1:15 p.m. Movie: Life Of The Party (PG-13, 105 Min) 1:30 p.m. - 3:30 p.m. RMV Near Me	25 9:30 a.m. Big E Trip 1 p.m. Hearing Appointments 5 p.m. Evening Movie: Life Of The Party 5 p.m. Evening Yoga	26 8:15 a.m. Facials 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours	27 LUNCH & LEARN Noon Lunch & Learn - Big Y Pharmacy : Immunizations 1 p.m. Cribbage 1:15 p.m. Classic Movie: Marriage on the Rocks (109)	28 8:30 a.m. Men's Breakfast In Ludlow 1:30 p.m. Book Club

SEPTEMBER LUNCH CALENDAR

Ludlow Senior Center • (413) 583-3564 • www.ludlow.ma.us

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED FOR HOLIDAY	4 Vegetable Stir Fry Fried Rice	5 OUTSIDE CONCERT Ham & Swiss Grinder Chips <i>Friends Quilt & Craft Fundraiser</i>	6 Tuna Noodle Casserole	7 Hot Dog Baked Beans
10 LUNCH & LEARN Macaroni & Cheese Stewed Tomatoes	11 Taco Salad	12 Turkey Loaf Mashed Potatoes Mixed Vegetables	13 Meat Lasagna Garlic Bread	14 Lemon Chicken Garden Rice Harvard Beets
17 Ham & Cheese Frittata Roasted Potatoes	18 Pineapple, Chicken & Broccoli over Rice	19 BIRTHDAY LUNCH Stuffed Peppers Egg Noodles	20 Chicken Caesar Salad	21 Salmon Boat Scalloped Potatoes Roasted Summer Squash
24 American Chop Suey	25 Tuna Stuffed Tomato Summer Corn Salad	26 Turkey Tetrazzini	27 LUNCH & LEARN Shepherd's Pie	28 Chicken à la King
<p>Help us to keep our food costs down. Remember to cancel if you cannot make it for lunch Also, lunch is served at noon, so we appreciate your checking in by 11:45.</p>				

SPECIAL EVENTS

Horse Races

Friday, September 7, at 11:15 a.m.

Join us in the Dining Room for a game of chance. Pick your horse and if you win, pick a prize from the prize table.

Lunch & Learn: Real ID

Monday, September 10, at Noon

MassDOT will explain new federal and state requirements concerning driver's license renewals. Registration for this event is required. Sign-up for lunch & learn at the front desk.

Billiards Travel League

Monday, September 10th & 24th, at 1:00 p.m.

Get new information from Fred Lafayette to complete this page.

Free Phone Information Table: MassEDP

Tuesday, September 11, From 10 a.m. - 1:00 p.m.

Persons with vision and/or hearing disabilities may qualify for a free telephone. Stop and talk with the rep from MassEDP to find out more information.

Trivia

Wednesday, September 12, at 2 p.m.

We'll break into teams and answer questions ranging from current events to visual puzzles.

We also have a special team challenge category at the end.

Pickle Day

Thursday, September 13, at 10:30 a.m.

Stop by the lounge and see what types of pickles we have to sample. Maybe we will have your favorite.

Thursday Cribbage

Every Thursday at 1 p.m.
\$2.00 entry fee each week

Calling all cribbage players! If you enjoy playing cribbage and a little competition, this is the group for you.

New Senior Center Update

Wednesday, September 19, at 10:30 a.m.

Join Director Jodi Zepke in the lounge, as she shares updates on the progress of a new senior center. She is more than happy to answer questions about the progress.

Pepperoni Day

Thursday, September 20, at 10:30 a.m.

Join us in the lounge to sample different types of pepperoni. Did you know it is a purely American creation? Some might be mild while other could be spicy. It all depends on what ingredients they put in. Which do you prefer?

RMV Near Me

Monday, September 24, 1:30 p.m. - 3:30 p.m.

Ludlow Senior Center staff provide five common transactions at the senior center. We can't take pictures for identification photos, but we can assist in filling out and submitting forms for identification cards, licenses, and registrations. You must renew at the RMV if you are 75 or older.

Jewelry with Sandy Merrill

Wednesday, September 26, at 9:30 a.m.

Come and create your own jewelry. The class is \$3.00, plus the cost of your supplies. Please pre-register at the front desk, as this class fills quickly.

Lunch & Learn: Big Y Pharmacy - Immunizations

Thursday, September 27, at Noon

Ludlow Big Y Pharmacy manager, Patricia Supczak, will discuss immunizations and why you should get them. Registration for this event is required. Sign up for Lunch & Learn at the front desk.

SPECIAL LUNCHES

Concert In The Park

Wednesday, September 5
at Noon

Lori Festa will perform at the Gazebo in the park. Concerts are FREE and all are welcome to join us for the concerts at the gazebo in the park. This concert was provided by a grant from the Ludlow Cultural Council.

Be sure to check out Lunch & Learns For September

Sept 10th
MassDOT on Real ID

Sept 27th
Big Y Pharmacy
on Immunizations

Birthday Lunch

Wednesday, September 19
at 11:30 a.m.

Those born in September have their meal on us. Simply tell us it's your birthday when you sign up for lunch. The chorus will perform at 11:30 a.m. followed by lunch.

OUTREACH ANNOUNCEMENT



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7th!**

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

You can call your local Senior Center or call **1-800-AGE-INFO** (1-800-243-4636), **then press or say 3**. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

FRIENDS OF THE LUDLOW SENIOR CENTER

○ Purpose:

To seek donations and/or corporate gifts, to financially assist the Ludlow Senior Center in providing services to, and otherwise advancing, the welfare of senior citizens in the Town of Ludlow.

○ Next 50/50 Raffle:

Wednesday, September 19

○ Items Needed:

Coffee
Decaf Coffee
1 Ounce Plain Chip Bags

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Clovia Enos - Paraffin Wax supplies
- Mary Hart - Snacks
- Debbie Thompson - Tea Bags
- Audrey Consolmagno - Snacks
- Arthur Grimes
- Dorothy Iellamo
- Charles & Rose Laramie
- Villa Rose Restaurant
- Virginia Bourdeau - Kitchen
- Susan Piwowarczyk - Coffee & Napkins

Donations for the New Building Fund are shown with a (BF) following the name

DONATIONS RECEIVED

Millie Dias:

Sylvia Ouellette
Jules St. Pierre
Edna White
Eileen Slepno
George & Mary Carney
Springfield Indians Booster Club

Flowers:

Paul A. Moore

Support the Friends of the Ludlow Senior Center on Sept 5th.

On Wednesday, September 5 The Friends will sponsor a handmade **QUILT AND CRAFT SALE** in the gazebo park. The sale will run from 10:00 a.m. to 3:00 p.m. This event is being held in conjunction with the Lunch time concert.

DONATIONS to the "FRIENDS OF THE LUDLOW SENIOR CENTER"

Your tax deductible gift/donation to the "Friends" will help to enhance elder services in our community today and tomorrow. Your support is always appreciated.

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of:

Send acknowledgement to (kindly indicate name, address & relationship):

Donation amount _____

Please make check payable to:

Friends of the Ludlow Senior Center

37 Chestnut Street, Ludlow MA, 01056

Please use donation for the following programs:

- New Building Fund
- General Need
- Other: _____
- Check here if you would prefer to remain anonymous

If no area is specified, the funds will be designated to general need.

THE SENIOR SCENE

PLACE
STAMP
HERE



ATTENTION!

Louis & Clark Medical Supply will be on-site on September 7th from 10:30 a.m. to 11:30 a.m. with their Repair Technician to take care of repair needs on your durable medical equipment, such as canes, walkers, rollators, wheelchairs, transport chairs, etc. There is no charge for any simple adjustments, such as tightening brakes, assuring appropriate height on equipment, cane tip replacements, and any other replacement item that is under \$5. For those items that cost more than \$5, the customer will be asked to pay for the item at that time. If you are unable to pay for the item at that time, Louis & Clark Medical Supply will be happy to mail a bill to your home.

Center Hours

Monday - Friday 8:00 a.m. - 4:00 p.m.
March-September open Tuesdays until 7:30 p.m.

Alice's Boutique

Monday - Friday 10:00 a.m. - 1:00 p.m.
The boutique accepts donations of gently used or new clothing and merchandise.
Drop off donations at the front desk.

Fitness Room

Monday - Friday 8:00 a.m. - 4:00 p.m.
To join: \$10 sign-up fee, a completed doctor's form, and a one time orientation on equipment and room standards.

Senior Center Staff

- Jodi Zepke, Executive Director
- Carla Roberts, Program Coordinator
- Debbie Johnson, Outreach Coordinator
- Kristen Burgess, Activities Director
- Kathy LoFland, Cook
- Matt Pszeniczny, Dispatcher
- Joaquim Alves, Full Time Van Driver
- John Garcia, Part Time Van Driver
- Debra Borecki, Bookkeeper
- Jorge Fialho, Maintenance
- Naomi White, Receptionist

Chairman:

Fred Lafayette

Vice Chairman:

Frank Krzanik

Secretary:

Lucille Carneiro

Treasurer:

Helen Grabowski

Members:

Nancy Pauze

John DaCruz

Rosalind Forti

Sheena Santolini

Janice Grimaldi

Kara Ribeiro

The Ludlow Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the Center in writing.